

CREAMY CAJUN CHICKEN PASTA

8 oz. boneless skinless chicken breast, cut into cubes
8 oz. linguine, cooked ala dente
1 Tbsp. Cajun Spice seasoning [see recipe below]
1 Tbsp. butter
2 thinly sliced green onion
1 cup heavy whipping cream
¼ cup chopped red bell pepper
½ tsp. dried basil
1/8 tsp. ground black pepper
¼ tsp. garlic powder
¼ cup grated parmesan cheese

Start boiling water for pasta

Place chicken and Cajun seasoning in a bowl and toss to coat.

In a large skillet over medium-low heat, sauté chicken with butter until chicken is tender, about 5 minutes.

Add green onion and red peppers sauté another minute or two.

Reduce heat; add heavy cream, basil, garlic powder, and black pepper, simmer 10-12 minutes.

Put pasta in boiling water, cook according to package directions.

Drain pasta.

Pour cream sauce over hot linguine and toss with parmesan cheese.

CAJUN SPICE

1 ½ tsp. salt
1 tsp. sugar
1 1/2 tsp. paprika
½ tsp. onion powder
½ tsp. black pepper
½ tsp. garlic powder
1/8 tsp. cayenne pepper
½ tsp. white pepper
½ tsp. chili powder